

Healthy Tips 2006

Take Simple Steps Every Day to Live a Safe and Healthy Life

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Small, daily steps can help improve your health. Eating healthy, exercising regularly, and being smoke-free are some of the ways you can make sure you are on the right track to staying healthy.

Eat Healthy - To help improve your health and reduce your risk for some diseases and conditions, eat five to nine servings of fruits and vegetables a day; eat less saturated fat; and watch your portion size.

Maintain a Healthy Weight - Eat better and get regular exercise. A healthy weight can help reduce your risk for diseases and conditions such as diabetes, high blood pressure, heart disease, and stroke.

Get Moving - Find fun ways to stay in shape like walking, dancing, or gardening. Adults should get at least 30 minutes and children should get at least 60 minutes of moderate physical activity most, preferably all, days of the week.

Be Smoke-Free - If you smoke, quit today! Live a healthier life and lower your risk for disease by NOT smoking and by avoiding secondhand smoke.

Get Check-Ups - Talk to your health care provider about how often you should get checked or tested for certain diseases and conditions to identify potential problems.

Get Vaccinations - Vaccinations are for everyone. Some are recommended for certain age groups, jobs, lifestyles, destinations, and conditions. Protect yourself by keeping up with your vaccinations.

Manage Stress - Juggling work, home, and play can be challenging. Protect your mental and physical health by taking steps to manage your stress.

Know Yourself and Your Risks - You may be at increased risk for certain diseases, conditions, or injuries because of your family history, what you do, where you work, and how you play. Learn what your risks are and how to reduce them.

Protect Yourself and Others - Prevent injuries and exposure to diseases and harmful germs. This includes using seatbelts, applying sunscreen, wearing helmets, exercising carefully, washing your hands, and watching your relationships.

Be Good to Yourself - Health is not merely the absence of disease; it's a lifestyle. Whether it's getting enough sleep, relaxing after a stressful day, or enjoying a hobby, it's important to take time to be good to yourself. Take steps to balance work, home, and play.



For more information about health, visit:
www.cdc.gov and www.atsdr.cdc.gov.